



### NUTRITION PER SERVING:

<b>CALORIES</b>	141
<b>PROTEIN</b>	6 G
<b>CARBOHYDRATE</b>	28 G
<b>TOTAL FAT</b>	2 G

<b>PREP TIME:</b>	10 MINUTES
<b>COOK TIME:</b>	20 MINUTES (INCLUDING 10 MINUTES STANDING TIME)

<b>YIELD:</b>	4 SERVINGS
<b>SERVING SIZE:</b>	$\frac{3}{4}$ C COUSCOUS

<b>2 C</b>	LOW-SODIUM CHICKEN BROTH
<b>1 C</b>	RAISINS
<b><math>\frac{1}{2}</math> C</b>	WHOLE-WHEAT COUSCOUS
<b><math>\frac{1}{4}</math> C</b>	FRESH MINT, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)
<b>1 CAN</b>	UNSALTED SLICED ALMONDS, TOASTED
<b>1 TBSP</b>	MEDIUM ORANGE, RINSED, FOR
<b>1 TBSP</b>	ZEST (USE A GRATER TO TAKE A THIN LAYER OF SKIN OF THE ORANGE)



## ORANGE COUSCOUS WITH ALMONDS, RAISINS, AND MINT

THIS FLAVORFUL SIDE DISH GOES WELL WITH CHICKEN, BEEF, OR LAMB

- 01 Combine chicken broth and raisins in a small saucepan. Bring to a boil over high heat.
- 02 Add couscous, and return to a boil. Cover and remove from the heat.
- 03 Let the saucepan stand for about 5 minutes, until the couscous has absorbed all of the broth.
- 04 Meanwhile, toast almonds in the toaster oven on a foil-lined tray for about 5 minutes, or until golden brown.
- 05 Remove the lid and fluff the couscous with a fork. Gently mix in the mint, almonds, and orange zest. Serve immediately.



This is a great recipe for older children to make themselves. Younger children can help measure ingredients and zest the orange.

